

June 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Develop a fire safety plan and share it with your family	2	3
4 Try cooking with a new vegetable	5 	6	7 Turn off the TV and go outside	8	9 Shop for groceries as a family and read nutrition labels	10
11	12	13 Enjoy a family walk after dinner	14	15	16	17 Wear sunscreen while playing outdoors
18 Keep a log of what everyone eats for the week	19	20	21 Discuss feelings about smoking/alcohol as a family	22	23 	24 Review your weekly eating log over a healthy meal
25	26 	27 Take a family bike ride	28	29 Enjoy some time with the family pet	30	

July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Enjoy a hike at one of Indiana's beautiful state parks
2	3 Try some healthy alternatives at your BBQ	4 	5	6 Eat dinner as a family tonight	7	8
9 Take a picnic as a family	10	11	12 Ask each other about school/work	13	14 Plan a family activity this weekend	15 
16 Start a family recipe book with healthy recipes	17	18 Take a moment to talk as a family	19	20	21 Instead of delivery, make a healthy pizza together	22
23 	24 Try a new fruit this week	25	26	27 Drink water or milk with lunch	28 	29 Get outside this weekend
30	31					

August 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Help an elderly neighbor with yard work	2	3 Plan a weekend camping trip	4 	5
6 Prepare a week's worth of healthy snacks	7	8 	9 Make sure your family gets 3 servings of dairy	10	11	12 Try a new activity like rollerblading
13	14 Plan this week's menu as a family	15	16 Look for new fruit at your grocery store	17	18 Challenge each other to make healthy choices while eating out	19 
20 Organize a neighborhood scavenger hunt	21	22	23	24 Walk around your neighborhood and pick up trash	25	26
27	28 	29 Sit down for dinner as a family tonight	30	31		